

(19) World Intellectual Property  
Organization  
International Bureau



(43) International Publication Date  
22 January 2004 (22.01.2004)

PCT

(10) International Publication Number  
**WO 2004/006692 A1**

- (51) International Patent Classification<sup>7</sup>: A23L 1/29, 1/308, A61K 9/14
- (21) International Application Number: PCT/GB2003/003040
- (22) International Filing Date: 11 July 2003 (11.07.2003)
- (25) Filing Language: English
- (26) Publication Language: English
- (30) Priority Data: 0216147.9 12 July 2002 (12.07.2002) GB
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- (81) Designated States (national): AE, AG, AL, AM, AT, AU, AZ, BA, BB, BG, BR, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, ES, FI, GB, GD, GI, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD, MG, MK, MN, MW, MX, MZ, NI, NO, NZ, OM, PG, PH, PL, PT, RO, RU, SC, SD, SE, SG, SK, SL, SY, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, YU, ZA, ZM, ZW.
- (84) Designated States (regional): ARIPO patent (GI, GM, KI, LS, MW, MZ, SD, SI, SZ, TZ, UG, ZM, ZW), Eurasian patent (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European patent (AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI, FR, GB, GR, HU, IE, IT, LU, MC, NL, PT, RO, SE, SI, SK, TR), OAPI patent (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, ML, MR, NI, SN, TD, TG).
- Declarations under Rule 4.17:**
- as to applicant's entitlement to apply for and be granted a patent (Rule 4.17(ii)) for all designations
  - of inventorship (Rule 4.17(iv)) for US only
- Published:**
- with international search report
- For two-letter codes and other abbreviations, refer to the "Guidance Notes on Codes and Abbreviations" appearing at the beginning of each regular issue of the PCT Gazette.

(54) Title: IMPROVED BULKING AGENT COMPOSITIONS

(57) **Abstract:** The present invention provides an ingestible composition comprising a fibre or saccharide bulking agent, an ingestible silica, and an ingestible surfactant. The provision of the silica and the surfactant provides a synergistic benefit in the dispersal of the bulking agent in water thus making it easier and/or quicker to obtain an imbibable liquid. The bulking agent may be ispaghula, a natural material of benefit in promoting good bowel function.

WO 2004/006692 A1